

*Homo sapiens: do the species making themselves extinct?*

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**Abstract**

Human civilization progressed at a very rapid speed during the last few centuries and it is now running with far more momentum. Modern-day people are accustomed to many practices which can lead to many serious health and fertility hazards of a large section of them. All the resources of nature are depleting at a great speed and the activities of the modern people are causing havoc detrimental effects on all the living entities and the environment, which may act like self-shooting. For accelerated greed of some countries to win more wealth and showing dominance on others added with the efforts of others to counter it, mass-killing weapons are continuously produced and gathered. All these parameters are probably working together and leading towards the extinction of the human species.

**Keywords:** Homo sapiens, Wrong food and lifestyle, Gathering of toxins, Deforestation, Global warming, Underground water depletion, Extinction of species, Gathering of weapons, Self-destruction.

*Homo sapiens* evolved on this planet very recently, maybe nearly 200000 years ago. Almost all the plants and animals present in today's world were already present before that time, may at to some extent primitive stage than they look now [1].

So, if the human species extinct today - the other species of the planet have nothing to lose. As human species doing everything for their instant benefits without considering any evil impact on life and living of any other species of the world and so causing serious harms to them on a regular basis, these species of animals and plants will be rather benefited from any such event.

Member of the species *Homo sapiens* think everything of the earth is made for them and owned by them, all resources are made for their utilization and destruction. So, who can destroy them?

We can perform a simple analysis of some aspects of present-day human activities in this regard.

## 1. Food and lifestyle followed

Factors like taking toxic ingredients as or with the food and drinks at low concentrations are considered safe to use and so practiced globally [2].

1. Designed foods and processed foods: Instead of depending on basic food items, the modern human takes designed foods and processed foods with altered chemical structure, different from naturally occurring ones, and considered them as safe. But the safety of eating and drinking synthetic toxic chemicals with food and drinks, synthetic chemical-based medicines, the altered chemical structure of the food molecules (trans fats, polar heating of molecules in the microwave, etc.) are definitely questionable [2, 3, 4].
2. The directly added synthetic chemicals of different categories - color, flavor, preservatives, stabilizers, etc. of the food and drinks as well as leached color material and leached additives from the plastic containers, etc. are also mixed with the food and drinks and may act as a silent killer to us [2,5].
3. Use of non-food toxic items (like the use of narcotics, tobacco, alcohol, etc.), gathering of xenobiotic residues inside the body tissue from different sources and means (agricultural pesticides, adulterants, etc.) are treated by us as some natural subject. They are having a very strong probability to influence our body system negatively [6,7].
4. Regular disturbing of natural body-clock of human (by the following an irregular lifestyle like night working and day sleeping etc.), staying away from nature (staying inside abnormal environments - like always living in rooms with air-conditioner, without active physical work and sunlight exposure, etc.) may also very strong effects on our overall immunity of the body [4].
5. Getting radiations regularly from medical radiation, mobile handset, and towers, etc. is considered harmless, but actually may be very much harmful in irrational and continuous exposure [8].

## 2. Gathering of toxins inside the body as well as in the surroundings

1. Environment: All toxins and poisons used in daily life or used in agriculture, human excreta, and industrial toxic bi-products, etc. are thrown in the sewage water or gathered in mass which ultimately reaches humans (through natural floras, fishes, agricultural produce, underground water, etc.) or via river and sea and other water bodies [9].
2. Drinking of surface and underground water spoiled by human activities (added with leached chemicals, mixing with chemicals like Arsenic, Fluoride, etc.) [9].
3. Effect of thrown plastics in the environment and the sea (through the cultivation of mosquitoes in the stagnant water and pollution of water of the natural water bodies due to blockage of normal passage, covering of sea bottom and eating of plastics by marine lives; ghost fishing, etc.) ultimately causing very serious health and environmental impacts [5].

The toxicity of plastics can easily be understood from the example of phthalates, one plastic additive, which can disrupt the human endocrine system including bringing sterility to males [5]!

We do not know the actual total effects of these parameters on us as all of these are working together cumulatively inside our body, but always studied singly for a short period to note their impacts. We still have no machinery or developed system to understand or analyze the cumulative effects of continuous use of all of these parameters on our health [2].

The possible outcome of all of these may be the spread of several life-threatening diseases including cancers, distortion of the total endocrine system, destruction of potency power to give birth to offspring, etc. among the mass.

## 3. Causing high-speed extinction of most of the species of the globe

For selective breeding of some species for the benefit of the rapidly increasing human population, and other reasons for 'development', many other species are becoming extinct. Many fishes, reptiles, birds, and plant species are already extinct or approaching extinction very rapidly [10]. By neglecting our dependence on even small insects like beetles and killing them by using pesticides and destroying their habitat, humans can only bring self-destruction by cutting the food chain.

#### 4. Destruction of forest and causing global warming

Rapid deforestation for more agriculture and more human settlement causing rapid aggravation of various problems related to our healthy living.

For an increase at global temperature, the polar ice is converting into water and raising the water level of the sea. Such rapid raising of seawater level will ultimately cover low altitude land areas of many countries [11,12].

#### 5. Depletion of underground water through irrational use of it

Due to the practice of huge water involving agriculture, unnecessary wastage of underground water even in the non-water shortage areas, wastage of water by the wrong technologies like cancellation of pond bathe and use of flush toilets, etc., the problem is accelerating at a great speed [13]. Underground water of many coastal cities (as Chennai of India, Karachi of Pakistan, etc.) is almost replaced by saltwater due to intrusion from the nearby sea [14]. What will be the source of water for drinking and agriculture in near future?

#### 6. Gathering of self-destructing weapons

The past two World Wars failed to teach us anything. Either to dominate or for self-protection, we are continuously manufacturing and storing several types of mass-killing weapons.

The physical mass killers like ballistic missiles or atomic bombs; chemical mass killers like toxic gases; biological mass killers like development and use of mass killer bacteria, viruses, fungi, etc., [15,16] – may be like Sars-Covid virus, resistant Tuberculosis bacilli, resistant Anthrax bacilli, etc. are developed regularly.

The already gathered weapons of these categories are sufficient to destroy the whole civilization a few times!

Even any non-intentional or accidental failure of the control system may initiate global war within a few minutes to extinct the human species!

So, nobody is required to make us extinct. We are sufficient to destroy ourselves. It will perhaps happen in near future. We are rapidly approaching it.

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